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MEDIA RELEASE

FOR IMMEDIATE RELEASE

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Durham's First Healthy Mile Trail to be Unveiled Near NCCU

Partnership for a Healthy Durham, neighborhoods stepping up to improve health

DURHAM, N.C. – Residents in Durham are putting their heart and soles into improving the community's health with a little help from the Partnership for a Healthy Durham. The neighborhood near North Carolina Central University will be home to Durham's first Healthy Mile Trail.

An inaugural walk and kickoff celebration will be held on Saturday, September 8, at 9:30 A.M. Festivities will begin in front of the Lincoln Community Health Center located at 1301 Fayetteville Street. The community is invited to try out the new trail and enjoy healthy snacks afterwards.

(MORE)

Working with our community to prevent disease, promote health, and protect the environment.

While it's recommended that adults get at least 30 minutes of physical activity each day, only about 43% of Durham County residents actually meet this guideline. To make it easier for residents to reach the 30 minutes a day goal, the Partnership for a Healthy Durham is teaming up with residents to stencil the "Healthy Mile Trail Durham" logo in permanent yellow paint on neighborhood sidewalks to create walking loops.

"Durham County residents chose physical activity and nutrition as the number one issue during the last health assessment," said Mel Downey-Piper, Partnership for a Healthy Durham Coordinator. "We're excited about working with the community to get this project underway and the extra opportunities for physical activity it will bring to the neighborhood. We want to make the healthy choice, the easy choice."

The first Healthy Mile Trail loop will begin in front of the Lincoln Community Health Center at the intersection of Massey Avenue and Merrick Street, follow Merrick Street south to Lawson Street, Lawson Street east to Lincoln Street, and Lincoln Street north to Massey Street, finishing in front of the health center. Quarter mile markers will also be stenciled along the route, which is a total of $\frac{3}{4}$ mile. A map of the route can be found at www.healthydurham.org.

The Partnership, with the assistance of the City of Durham's Department of Transportation, has the goal of establishing three Healthy Mile Trails in Durham neighborhoods over the next year.

The Partnership for a Healthy Durham is a community coalition of local organizations and community members with the goal of collaboratively improving the physical, mental, and social health and well-being of Durham's residents.

For more information about the Health Mile Trail initiative or if you are interested in establishing trail in your neighborhood, contact the Partnership for a Healthy Durham at (919) 560-7833.

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Note: *In the event of rain, the event will be held on Saturday, September 15, 2012, beginning at 9:30 A.M.*

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